



**FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

CYCLE REEBOK

Please bring bottled water to class and a towel.
This class requires frequent hydration breaks.

2/26/2012	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:30 a.m		Serena		Serena			
8:05-8:50 a.m.	Stephanie		Kristy		Alison	9:00 AM Kristy	
5:45-6:30p.m.	Alison		Alison	Kara			

YMCA MISSION STATEMENT "TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS, SERVICES AND FACILITIES THAT BUILD HEALTHY SPIRIT, MIND AND BODY FOR ALL."

CLASSES AVAILABLE TO Y MEMBERS ONLY

Snow/Ice Policy For the Safety of our members and instructors "If school is cancelled for one or 2 consecutive days due to inclement weather, morning & noon classes will also be cancelled. Please check with the front desk by 3 p.m. to see if evening classes are cancelled too. Additional cancellations after 2 days will be made on a day to day basis." IF school is delayed, call the YMCA to see if class is cancelled.

Direct all questions or comments to Annette Garrison, Health and Wellness Coordinator Henderson County Family YMCA 270-827-9622 x324

WWW.HCFYMCA.COM FOR SCHEDULES AND FLYERS

FINANCIAL ASSISTANCE AVAILABLE FOR LOW INCOME FAMILIES OR INDIVIDUALS.